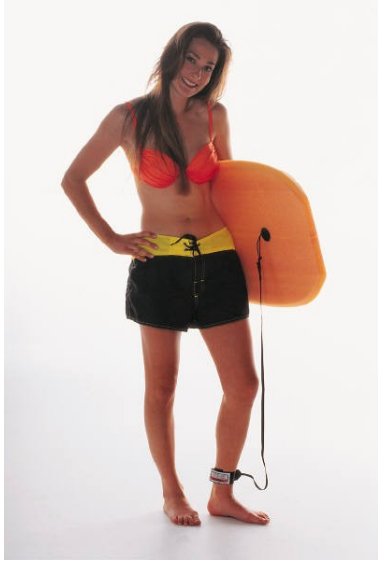


Alcohol and You

(Select Slide Show on the PowerPoint toolbar and then select Start Slide Show From the Beginning. The links will not function otherwise.)

Summer Sense

Have a Safe and Fun Summer

Fort Lee ASAP/Prevention Office
804-734-9079

Ever wonder why Driving While Intoxicated is

ILLEGAL?

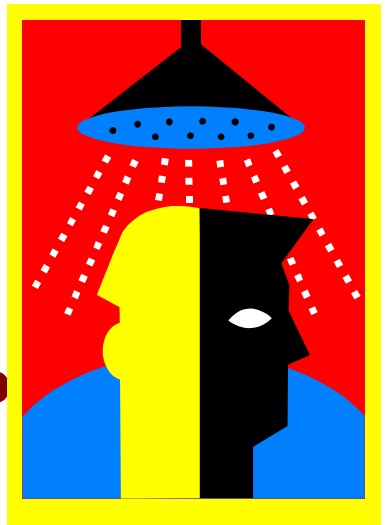
Alcohol related crashes are the number 1 cause of deaths among young Americans

If you have been drinking alcohol, call a friend, supervisor, 1SG or Commander. They would much rather help you then, later may be “TOO LATE”.

If you are at a Party and feel stuck between a rock and a hard place, don’t drive intoxicated, ask to sleep on the floor.

Common Myths and Excuses

- “ I don’t have far to go “
- “ I don’t feel any effects “
- “ Coffee will sober me up “
- “ I am more alert when I have a few drinks “
- “ I just need some fresh air “
- “ I’ll drive slowly and carefully “
- “ I’ve only had a few beers “
- “ Splash a little water on my face, I’ll b OK “

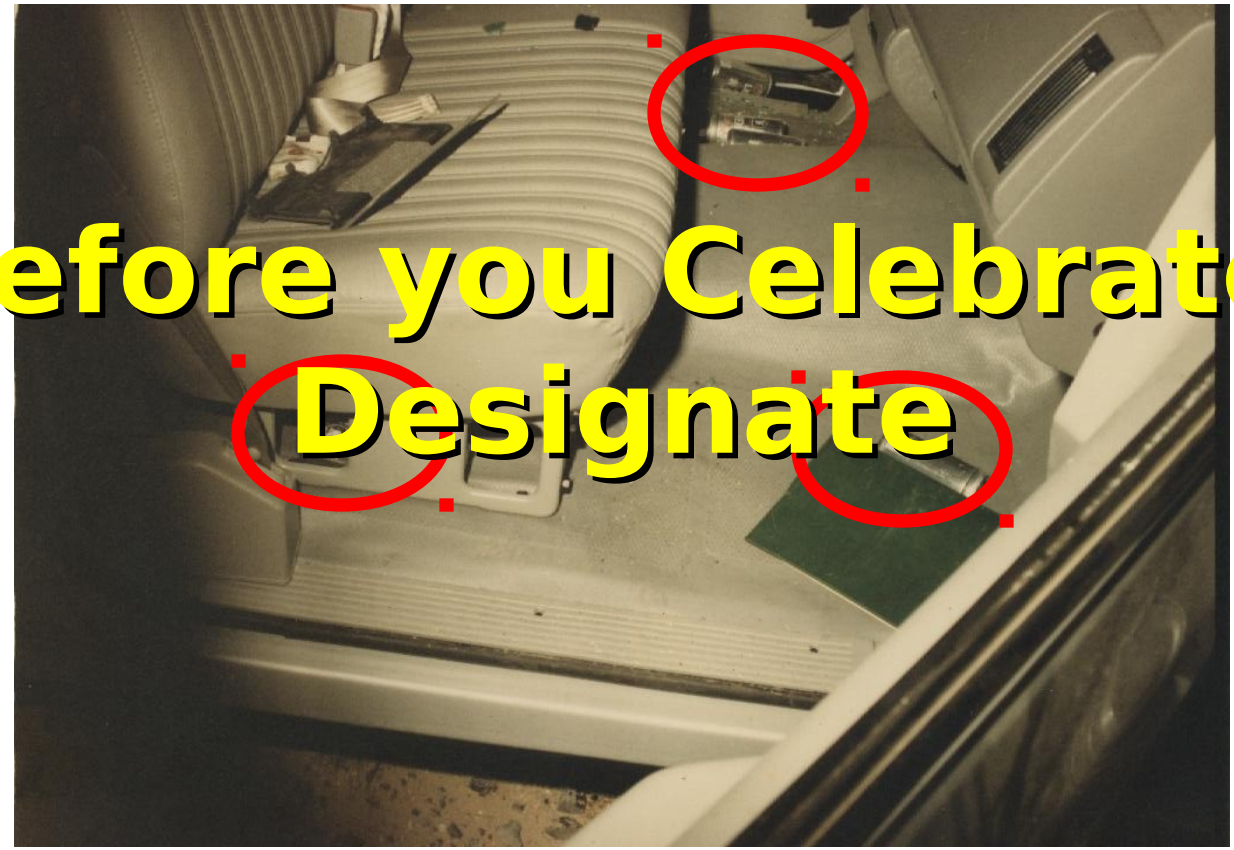


Call a friend!!!!

Call a Cab!!!!

all anyone!!!

Do not Drink and Drive!!!!



Before you Celebrate, Designate

Say “No” to alcohol when you know you are a designated driver and need to drive your friends home safely.

Peer Pressure is a powerful thing, Don't give in, your life or the life of an innocent person may be at stake.

Contrary to popular belief, there is no “ Quick Way to Sober Up “. Only TIME can do this for you.

The Drunk Driver is not the only one at risk, “ We All Are “

Drunk Drivers :

- Drive with the window rolled down in the cold
- Weave, hit curbs, stop way past the stop sign
- Pass dangerously close to other cars
- Forget to use headlights at night
- Make wide turns
- Stop at a “Green Light”
- Drive extremely slow

What to do if you "Spot a Possible Drunk Driver"

- **Call the Police**
  - **Get a description of the car and driver**
  - **Give police the direction of travel**
  - **Never try to catch them yourself**
  - **Let the Police do their Job, they are very good at it.**

Tips for “ Hosts and Hostesses”

- Collect car keys at the door, in the beginning. It is easier than trying to get the keys from a drunk later
- Don’t make drinking alcohol the main focus of your get together
- Provide food when alcohol is served
- Don’t push drinks
- Know that drunkenness is neither healthy, safe or amusing
- Assume responsibility for your guests
- Ensure designated drivers do not drink

Motorcycles and Alcohol

"A Deadly Combination"

- Almost half (47%) of the motorcycle operators who died in single vehicle crashes, were intoxicated
- Three-fifths (57%) of those killed in single vehicle crashes on week-end nights were intoxicated
- Motorcycle operators killed in traffic crashes at night were 2.9% times as likely to be intoxicated as those killed during the day (41% and 14% respectively)

Possible Consequences

- **UCMJ action, including Judicial and Non-judicial Punishment**
- **Administrative Elimination Action**
- **Memorandum of Reprimand from the Commanding General**
- **Suspension or Revocation of Driving Privileges (On/Off Post)**

Possible Consequences

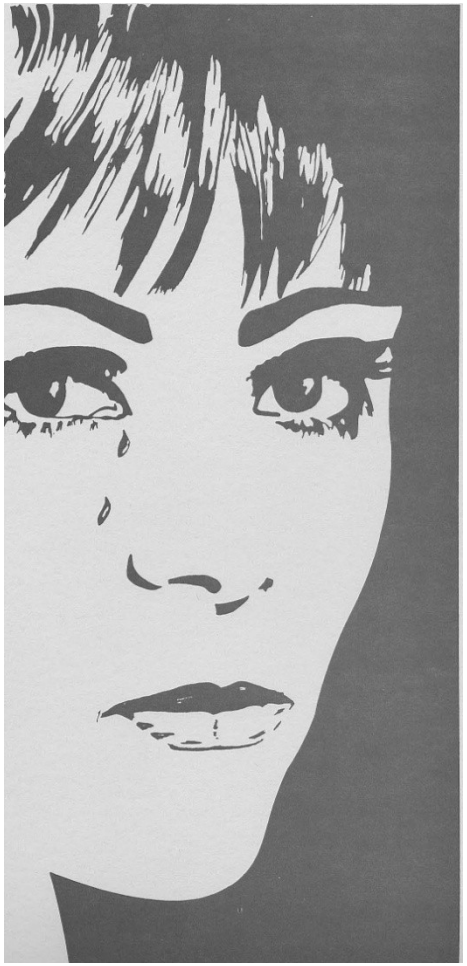
- **Assessment of Points on your driver's license, locally and state**
- **Loss of Employment**
- **Increased Car Insurance Rates**
- **Hardship on Family Members because of your driving suspension**
- **LOSS OF LIFE**

Don’t Drink and Drive!!!!!

If You Drink, Drink Responsibly

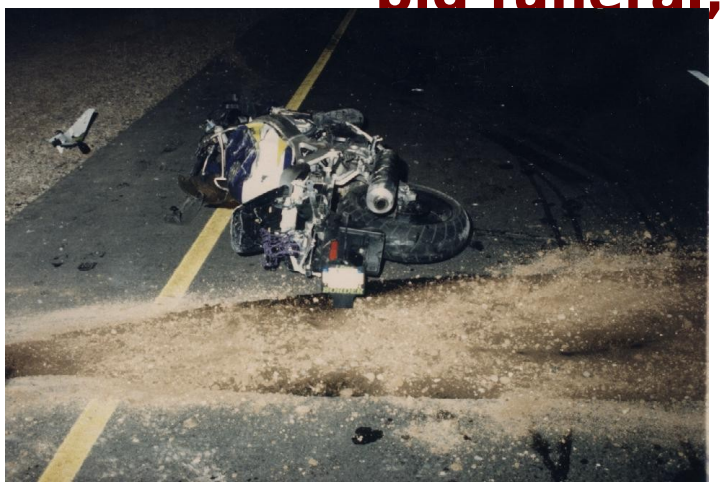
And Remember….

If you are planning on "Drinking and Driving" tonight, Don't Forget to Kiss Your Loved Ones GOODBYE!



Research Shows that most Women are not attracted to Dead Guys.

Over 50% of those killed in a motorcycle accident had been drinking. So unless you are trying to impress people with a big funeral, “Don’t Drink and Ride”.



Water Sports and Alcohol

- **Research shows that alcohol, combined with boating stressors, can impair a person 3 times faster than alcohol consumption on land.**
- **Alcohol isn't a sport….Boating is.**
- **50% of all boating accidents are alcohol related**
- **90% of all alcohol related fatalities on the water are drownings**

NOTE: For every 18 degree increase in air temperature (above room temp) the bodies absorption rate for alcohol doubles

Water Sports and Alcohol

- Alcohol can induce “Caloric Labyrinthitis”, which is fancy word for severe disorientation.
- This disorientating effect is caused by water entering the ear and when combined with the already impaired sense of balance from alcohol consumption, can have a disastrous effect.
- A person who has been drinking can become so confused the actually swim down to their death rather than swimming up to safety.
- This explains why good swimmer, who have been drinking, dive into the water and drown without any apparent reason.

HAVE A FUN, BUT MORE IMPORTANTLY,

SAFE SUMMER!!!!

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